

Danger Signals of Tuberculosis

In a previous article, it was stated that nearly everybody has tuberculosis at some time or other during his lifetime. Autopsies on people have shown that hardly a single human being reaches mature life without a scar on his lungs or elsewhere showing where tuberculosis had attacked him, and he, by his normal resistance and vitality, had warded off the continuation of the attack.

Because tuberculosis is so widespread, every man, woman and child should give the most careful attention to those signs of the disease which point out danger. The treacherous disease germs may enter the body in early childhood and may not cause any serious trouble for ten or fifteen years. Then, all of a sudden, when the body is weakened by overwork, worry, sickness, or bad living and working conditions, these sleeping germs wake up and become active in the destruction of the lungs or other organs. The working man or woman, therefore, cannot be too careful in the safeguarding of health and in watching out for those symptoms which indicate that the disease of tuberculosis is actually present. What, then, are some of the danger signals and what should be done about them?

(1) **First of all, there is a cough that hangs on and will not clear up.** If it lasts for a month or longer, it is a red light, a danger signal, which you cannot afford to ignore. It may start with wet feet or some other insignificant circumstance, but no matter how long it has been going on, if it does not go away, see your doctor at once. Colds frequently weaken the bodily tone and resistance, so that it is easy for the lurking germs to get a foothold.

(2) **Loss of weight, accompanied by a loss of appetite, and a certain amount of "stomach trouble"** is another danger signal, which you must not pass unheeded. Sometimes loss of weight may come from some other cause than tuberculosis, but it pays to be on your guard. You may not have a cough, and you may experience very little trouble except a sort of chronic weariness. You ought to know that your normal weight should be. If you begin to lose five, ten or more pounds without any apparent reason, look for sound medical advice at once. Sometimes with loss of weight goes a loss of appetite, and trouble with bowels and stomach, even running to diarrhea. Whether you are losing much weight or not, look out for this danger signal. It is a warning that something is wrong.

(3) **Then there is that run-down, all-the-time-tired feeling.** Most people have days when they feel unusually tired, for some reason or other. Such an occasional period of "spring fever" or "lazy day" may not be at all dangerous, but when every day for two or three weeks you hate to get up and dread to do anything but lie around and be lazy, there is danger ahead. This is Nature's warning to you that some enemy inside your body is sapping your vitality. **Don't ignore the warning signal!**

(4) **Any one of the three symptoms just mentioned may occur singly or all of them may come at one time.** When, to any or all, there is added a fever in the late afternoon or during the night, accompanied possibly by sweats, beware of this danger signal. It is a bright red flag which Nature waves before you, cautioning you to give immediate heed. Anyone's temperature may rise at times, and some people's more easily than others. But when for a week every afternoon about four or five o'clock you've felt feverish, or when right after night you wake up in a dripping sweat, you may rest assured that there is nothing normal about that. Go to your doctor at once and tell him about it. You may have no cough and no other sign of disease, and this may be the only warning you'll get. Give heed to it at once.

(5) **If you have a cough and in spitting you find streaks of blood in your sputum, you may rest assured that something is wrong.** It may not be a direct sign of tuberculosis, but whatever it is you should attend to it at once. You cannot afford to waste time in putting it off. Nature may give you that more emphatic warning of the presence of tuberculosis, a hemorrhage of the lungs. So, don't be scared unduly. It is a danger signal, and if you heed it, you may be safe.

There are other danger signals, some which you can see and some which only a trained physician can detect. **Your safety lies in getting medical attention as early as possible.** Tuberculosis can be cured if it is discovered in time. The time to discover it is when the first symptoms show themselves. **Don't take chances with death. You'll lose every time.**

Go to a good doctor, if you notice any of these danger signals, and insist that he examine you stripped to the waist. **If you can't afford a doctor, go to a free clinic and be examined.** It may cost a few dollars to be examined, but it may save you hundreds of dollars, untold suffering, and possibly your life and that of your wife and family.

"SAFETY FIRST" is a motto that applies to tuberculosis, especially when it is first showing itself.

[NOTE—This is the Fourth of a Series of Five Articles Prepared by The National Association for the Study and Prevention of Tuberculosis, New York City.]

KEEPING YOUNG.

Age Is Not by Any Means Merely a Matter of Years.

There is no scientific evidence to show that late youth and middle age are the periods of commencing decrepitude and "old age." Man grows old because he is injured; because his body is poisoned, and not because he is lived just so many years. There is no relentless law determining when a man shall grow old. The tradition of three score years and ten is conditioned mainly on the manner of living and not by any natural law. But man is in his power to modify these conditions either for better or worse.

Probably a greater luxury of living than is not balanced by proper physical exercises is a primary condition to be reckoned with. But temperance all along the line—in eating, drinking, smoking, playing and even in resting—has been suggested as a wiser principle to hold to. This avoids the possibility of rusting out on the one hand and of wearing out on the other.

Yet there is another way and a more worthy reason for retaining youth and for deferring old age—cultivate health for love and pleasure of it. The monthly letter of the Life Extension Institute says of this suggestion: "It is a fear of illness or of death that we would encourage, but a love of health, a sense of responsibility for the care of our bodies, a desire for bodily endurance and efficiency and full achievement. If the mind is fixed on these goals and the already known means of approaching them are utilized, heart disease, kidney trouble and the need-miseries that embitter the lives of many may be left to take care of themselves. It is not so much necessary to fight disease as to cultivate health for the happiness, contentment and moral gain that it brings."

Dreams.

The seven-year-old boy who told his sister that "dreams are only moving pictures in your mind" gave a better definition of the fancies of childhood than can be found in the dictionaries.

THE WIDOW CUSTIS.

She Was an Heiress and a Great Catch When George Won Her.

George Washington in marrying a great heiress set a precedent which few of his successors have followed. The pretty, bright-eyed, little Virginia widow Mrs. Custis, whose lands, slaves, dollars and mansions were inherited from both her husband and her father, was the greatest "catch" of her day, and young Washington was greatly envied when he persuaded her to say "Yes." This marriage enabled him to hold his own among the plutocrats of the time and to be free from any financial worries.

Mrs. Washington, whose wealth could have added most to the splendors of the White House, never occupied the mansion, as it was finished only four months before the expiration of John Adams' term, and Mrs. Adams was its first chateau. It was then referred to as "the palace," and each president was expected to provide for its maintenance and pay for his hospitalities out of his salary of \$25,000 a year.

At this rate few presidents left the White House as well off financially as they entered it. So meager were the appropriations for the "care and maintenance" of the White House during the first half of the nineteenth century that several presidents departed from it deeply in debt and nearly all died poor.—New York World.

BREAK UP COLDS AND GRIPPE

With Quick's Chill Tonic. Tastes good. Sold by J. H. Haughton on a guarantee, 25c.

Not the First.

Pat was servant of a farmer, and in his charge was a donkey, which was kept to amuse his employer's children. The donkey was following the farmer's wife round the yard one day, and the farmer, turning to Pat, said: "I think that donkey is taking a liking to my wife."

"Och," said Pat, "sure, and it's not the first donkey that's took a liking to her, sir."—Exchange.

TESTING A FREIGHT CAR.

Shower Baths Are Used For Detecting Leaky Roofs.

Shower baths for freight cars? Certainly. Treating the cars to a good bath every now and then is the method which railroads have devised to prevent having to pay for freight damaged while in transit by water leaking through the car roofs.

To detect a leak in the roof of a freight car before it has caused any damage to the goods inside is no easy matter. Previous to the introduction of the shower baths for cars railroads frequently had to pay heavy bills for damage caused by roofs which were supposedly in the best of condition.

To overcome this difficulty on several large railroad systems every car is given at regular intervals a severe test for leaks by means of shower baths.

The bathing apparatus is rigged over a track along which the car is run at slow speed. Enormous volumes of water are poured upon the car and with such force that water will find its way inside if there is any fault in the roof, sheathing or ends.

As soon as the car emerges from the bath inspectors examine it carefully and mark with chalk any signs of leaks.

A car thus marked is sent to the shop to be made water-proof. Before it is sent out to resume its work it is subjected to a second shower bath to determine whether the repairs have been satisfactorily made.—New York American.

MODERN GREEKS.

Those at Home Outnumbered by Those in Other Countries.

What and who are these modern Greeks? The most skeptical investigators admit that in most of them is some blood transmitted from ancient Greece and that there is a proportion of Greek descent in Greece about equal to that of Anglo-Saxon descent in America. For the rest the modern Greeks are either Albanian or Slav or Vlach.

Besides the Greeks in Greece there are other Greeks who far outnumber them. They are found on all the coasts of the Ottoman empire, Crete and the other islands until very lately under Turkish sovereignty have no other inhabitants important in numbers. They are numerous in Asia Minor, in Syria and in Egypt.

While domiciled elsewhere they remain passionate in devotion to the Greece they style Hellas, the modern kingdom, whose people are called Hellenes, and, being masters of commerce and finance, many of them have gained enormous fortunes, from which they pour great sums into Athens particularly, but into Greece generally, for public buildings and endowments.—From "The Balkans—A Laboratory of History," by William Milligan Sloane.

Cleopatra and Poisons.

Cleopatra assembled all kinds of deadly poisons and began experiments with all the criminals sentenced to death in order to see if the action of the poison was painless. As she observed that those which acted quickly brought death with great pain and that the milder poisons worked slowly, she began experiments with poisonous animals, setting them upon other animals in her presence. This she did daily and noted that among them all only the bite of a certain poisonous snake evoked without tremor or pain a certain numbness and invincible desire for sleep so that the victims gradually died with a light sweat upon the face and gradual darkening of the senses, and when one tried to awaken them or to brighten them were as unwilling as those who are in a deep sleep.—Plutarch.

The English of the Diamond.

In the National league is an umpire who is a stickler for correct deportment on the diamond. In a game in which he officiated at the Polo grounds early in the season as Chief Meyers, the Indian catcher for New York, came to bat certain of the Boston players sitting on their bench began to guff the brawny red man.

In an instant the umpire had left his place behind the catcher and was running toward the visitors' bombproof.

"Cut out them personalities!" he ordered. "Cut out them personalities!"

As he turned away a high pitched voice filtered out from the grand stand behind him, saying:

"Cut out them grammar!"—Saturday Evening Post.

A Goat's Voice.

The drawler was talking into the telephone.

"Why—er—ah! I think—ah-h-h!—perhaps—ah-h-h!—I—ah-h-h!"

"Say, look here," came a sarcastic voice over the wire. "What do you think you are, anyhow—a confounded nanny goat?"—Kansas City Star.

A Little Mixed.

Riding in an omnibus up Regent street last evening I heard an old lady annoying the other passengers with remarks. The conductor remonstrated with her, saying: "Ma'am, remember you are in a public vehicle and behave as such."—London Spectator.

Evolution of the Orange.

The orange was originally a pear shaped fruit about the size of the common wild cherry. Its evolution is believed by naturalists to be due to 1,200 years of cultivation.

COLDS-GRIPPE-FEVERS

Cured quickly by taking Quick's Chill Tonic. Guaranteed by J. H. Haughton, 25c. Children love it.

A liar ends by making truth appear like falsehood.—Shenstone.

ODD MEMORY TEST.

A Bit of Nonsense Literature Whose Author Is Unknown.

There is an odd bit of composition that has figured in nonsense literature as follows:

"So she went into a garden to pick a cabbage leaf, to make an apple pie of, and a she bear, coming up the street, put her head into the shop and said, 'Do you sell any soap?' So she died, and he very imprudently married the barber, and the powder fell out of the counselor's wig, and poor Mrs. MacKay's puddings were quite entirely spoiled, and there were present the Gargles and the Gobblies and the Pickaninies and the great Panjandrum himself, with the little round button at top, and they played at the ancient game of 'catch who catch can' till the gunpowder ran out of the heels of their boots."

The origin of the passage is obscure. Maria Edgeworth (1767-1849), quotes it in one of her stories, attributing it to Samuel Foote (1720-77). The British Quarterly Review said that Foote wrote it in order to test a certain lecturer who claimed that he could learn anything by rote on once hearing it.

Another account says that it was written by an actor named James Quinn (1803-1706) to puzzle Foote, with whom he had a wager that Foote could not memorize something that Quinn would write. Foote and Quinn both were noted actors in their day, and the nonsensical passage probably was the outgrowth of some convivial contest of wits between them.

It used to figure in school rhetorics to illustrate the difficulty of memorizing something that had no sense to it.

COLORING METALS.

Almost Any Hue, Bright and Lasting, Quickly Imparted to Brass.

It has been found that metals may be colored quickly and cheaply by forming on their surface a coating of a thin film of a sulphide. In five minutes brass articles may be coated any color, varying from gold to copper red, then to carmine, dark red and from light aniline blue to a blue-white like sulphide of lead and at last a reddish white, according to the thickness of the coat, which depends on the length of time the metal remains in the solution used. The colors possess a very good luster, and if the articles to be colored have been previously thoroughly cleaned by means of acids and alkalis they adhere so firmly that they may be operated upon by the polishing steel.

To prepare the solution dissolve half an ounce of hyposulphide of soda in one pound of water and add half an ounce of acetate of lead dissolved in half a pound of water. When this clear solution is heated to from 100 to 200 degrees F. it decomposes slowly and precipitates sulphide of lead in brown flakes. If metal be now present a part of the sulphide of lead is deposited thereon, and according to the thickness of the deposited sulphide of lead the above colors are produced. To produce an even coloring the articles must be evenly heated. Iron heated with this solution takes a steel blue color and will retain the coloring unless some abrasive is used to remove it.—London Chronicle.

The Penalty of Pride.

"When I was running a circus," said a retired showman, "I never lost an opportunity of advertising. I always made it a point to get my name everywhere, and whenever any one asked for my autograph you may be sure he got it. Once when I went to a little town a great string of boys and girls stood in a line waiting for a chance to get my autograph on the small cards they carried. I wrote them as fast as I could, thinking proudly, 'Felix, old boy, your name is getting to be a household word.' When I looked around the tent that afternoon I thought all the school children in the town were there. That meant money, and I was feeling pretty happy till I began looking over the receipts, and then I found over a hundred of my autographs with the words 'Admit bearer' written above them!"

Precise Boarding Mistress.—"Mr. Blunt, shall I tender you some more of the chicken?"

Mr. Blunt—"No, thank you! But if you can tender this piece you have already served me I shall be greatly obliged to you."

The most miserable creature in this world is a critic out of a job, or the natural born kicker surrounded by nothing but vacant air.

Corruption will never want a pretense.—Cato.

One of Those Friends.

"Wombat, I'm a friend of yours and I must tell you that today Flubdub was saying some very mean things about you."

"If you are a friend of mine why did you stand there and listen to him?"

"Well, I'm a friend of his too!"—Louisville Courier-Journal.

Assisting the Wicked to Flee.

"The wicked flee when no man pursueth," quoted the deacon to the minister.

"Yes," said the minister, who believed in muscular Christianity. "That is true, but they make much better time when somebody is after them."—Ladies' Home Journal.

Laurel Leaves.

According to an old tradition, laurel communicates the spirit of poetry and prophecy. Hence the custom of putting laurel leaves under one's pillow to acquire inspiration.

Prefer loss before unjust gain, for that brings grief but once; this forever.—Child.

GETTING AN EDUCATION.

After the Age of Thirty Is the Time to Start in Earnest.

According to the Saturday Evening Post, the best time to get an education—perhaps the only time—is any time after one has passed thirty. The stuff that one learns before twenty is not meant to be remembered. It is only a placing of the chutes and an arrangement of the bins for the permanent contents. From twenty to thirty one is all torn up with courting, marrying and getting a foothold in life. After that is the time for education—from then on until death or senile debility.

A man or woman past thirty is exactly at the most favorable period for mastering knowledge, training the mind, forming the taste. Some systematic effort is all that is necessary. Notice the silly and tiresome ways in which enormous numbers of people spend some of their holidays. They know what to do with their working hours, but not with their leisure.

Most of them by a little direction and a little systematic effort might develop some special interest. Boys quickly tire of mere aimless and painless play. Naturally they want a method and a goal in it. Having a goal is exactly what gives zest to the game.

And having a goal is both easy and delightful. To study anything with interest, from logarithms to caterpillars, gives one fun and profit at the same time. Try it.

PROVED ITS WORTH.

Dramatic Test That Was Made With a Bullet Proof Shirt.

"A well known war correspondent, who is a personal friend of mine," writes a correspondent of the Manchester Guardian, "tells an amusing story. While in Paris at the beginning of the war in 1914 a French inventor persuaded him to obtain an opportunity for demonstrating the usefulness of a thin chain armor shirt, which he claimed would resist any bullet or bayonet."

"A sample shirt had been hung up and fired at with satisfactory results, but it was with a certain journalistic skepticism that my friend attended the official demonstration at Hendon later. Anyway, to oblige the inventor he put on one of the shirts to show its comfort and flexibility. It was then that the French inventor achieved a dramatic effect, for he whipped out a Webley automatic and blazed away straight at my friend's chest."

"He is still alive to tell the tale," adds the correspondent. "Before he had recovered breath a war office official grasped him warmly by the hand."

"'Sir,' he said, 'you are a brave man.'"

"My friend disappeared with becoming modesty. He had gone where he could get a stiff brandy and soda!"

How American Cities Grow.

Nobody knows how fast an American city, state or town may grow. I recall some twenty-five years ago meeting a friend in Denver. He was an investor from the east. I think Denver had about 30,000 people then. He had come to buy real estate. He said to me: "This place is overgrown. Real estate is too high. None for me!" And he went away. Had he invested wisely at that time he could have multiplied his money ten to twenty fold. I was in Los Angeles about the same time. It had had a serious reaction after a sudden boom. It was a little place, not one-tenth its present size. It seemed like a doomed city. An investment of \$500 then in outlying acreage property, I am told, would be worth \$700,000 today. So nobody can tell what may be the future of any of the new, wideawake cities of Alaska.—Leslie.

Friend.—"What was the cause of that boating accident?"

Waterman—"Too full."

"The boat too full?"

"No, the fellers in it."

Decisive Battles.

Some married men will contend that "The Fifteen Decisive Battles of the World" will never be complete until a few domestic scraps are added to the volume.—London Telegraph.

AGE OF THE EARTH.

Different Systems of Computing It and Their Varying Figures.

As long ago as 1830 John Phillips, the geologist, estimated that the time required for the deposition of the stratified rocks lay between 38,000,000 and 96,000,000 years. This was probably the only estimate prior to Kelvin's epoch making paper of 1862. Since that time many estimates have been made, varying all the way from 17,000,000 years to 400,000,000 years.

Kelvin was the first to discuss the age of the earth considered as a cooling body. In 1833 Clarence King introduced the important criterion of tidal stability and reached the conclusion that 24,000,000 represented the conditions. This result was adopted by Kelvin in 1897, and then he placed the limits at 20,000,000 and 40,000,000 years.

Only Sir George Darwin has discussed the age of the earth from a purely astronomical point of view. From his theory of the earth moon system he derived an estimate of more than 56,000,000 years, which for a long time stood between groups of higher and lower figures. J. Joly was the first to base estimates of the age of the earth in 1899 on the sodium contained in the ocean. Adopting the hypothesis that the sodium content of the ocean is derived at a constant rate from that of the rocks, he arrived at an age of 80,000,000 or 90,000,000 years and increased this by 10,000,000 in 1900. In 1909 Mr. Sollas made a searching inquiry into this subject and placed the age of the ocean at between 80,000,000 and 150,000,000 years.

The Sense of Taste.

Scientists say that the flavor of food and drink does not come to us through the sense of taste. The latter can only furnish sensations corresponding to the chemical composition of substances taken into the mouth. Although almost infinite in their variations, these sensations are few in number, comprising sweetness, bitterness, saltiness and sourness, with their numerous degrees of intensity.

The distinctive flavors of food do not come from chemical action and are therefore not perceived by the sense of taste, but by the olfactory nerve by which the sensation is transmitted to the brain.

This explains why one's food does not taste "right" when he is suffering from a cold.

Two of a Kind.

A lady selected some purchases in a store, asking that they be kept for her until the next day. When she returned she could not remember who waited on her. After puzzling over the matter, she approached one and asked:

"Am I the woman who bought some embroidery here yesterday?"

"Yes'm," replied the girl, stolidly, and turned to get it.—Christian Register.

Simply Couldn't.

"Now, son," said the lawyer, "you were guilty of various misdemeanors today and must be taken to task."

"I apply for a stay of proceedings pop, and a change of venue to ma."

And how could a good lawyer refuse such a request?—Louisville Courier Journal.

Envious.

Howell—I'm engaged to Miss Rowell. Congratulate me, old man. Powell—I would if I did not know that in her case a nomination is not equivalent to an election.—Smart Set.

On His Part.

"Tom out of work again? Why, I thought he had a steady job?"

"Oh, the job was steady; Tom wasn't."—Philadelphia Press.

All men have their frailties, and he who looks for a friend without imperfections will never find what he seeks.

Woman's Way.

He (annoyed)—It's 8 o'clock, and you said you would be here at 6. She—Did I say so? I thought I said 7.—Boston Transcript.

What makes life dreary is want of motive.—George Elliot.

Why those Pains?

Here is a testimonial unsolicited

"If I had my will it would be advertised on every street corner. The man or woman that has rheumatism and fails to keep and use Sloan's Liniment is like a drowning man refusing a rope."—A. J. Van Dyke, Lakewood, N. J.

Sloan's Liniment

for RHEUMATISM, SPRAINS, SORE MUSCLES

